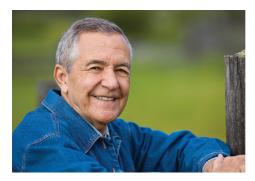
YOU GAN MAKE A CHANGE FOR LIFE







Are you worried about getting diabetes?

- Do you have any family members with diabetes?
- Are you overweight?
- Do you get little or no exercise?
- Have you had gestational diabetes?

You may be at high risk for diabetes, but there is something you can do.

Call 2-1-1 to learn about a Diabetes
Prevention Program near you. This program
helps you learn how to change your lifestyle
to prevent type 2 diabetes. Groups meet for
16 weekly sessions and six monthly followup sessions with a trained Lifestyle Coach.

You can prevent or delay type 2 diabetes!

Find out how to enroll. Call 2-1-1.







